

Chimichurri-Marinated Top Loin Filets

INGREDIENTS

4 beef top loin filets, cut 1-inch thick (about 4 to 6 ounces each)

CHIMICHURRI SAUCE:

2 cloves garlic

½ cup packed fresh cilantro

½ cup packed fresh parsley

¼ cup olive oil

½ teaspoon salt

½ teaspoon freshly grated lemon peel

¼ teaspoon crushed red pepper

Total Recipe Time 35 to 40 minutes

Marinating Time 15 minutes to 2 hours

Makes 4 servings

This recipe is an excellent/good source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.



1. Prepare Chimichurri Sauce. Place garlic in food processor container. Cover; process until finely chopped. Add remaining sauce ingredients. Cover; process until well blended. Remove and refrigerate ¼ cup sauce for serving. Place beef filets and remaining sauce in food-safe plastic bag; turn steaks to coat. Close bag securely and marinate in refrigerator 15 minutes to 2 hours.
2. Remove filets from marinade; discard marinade. Place filets on grid over medium, ash-covered coals. Grill, covered, 12 to 15 minutes (*over medium heat on preheated gas grill, covered, 10 to 13 minutes*) for medium rare to medium doneness, turning occasionally.
3. Serve filets with reserved Chimichurri sauce.